

# National Preparedness Month 2013

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## PREPAREDNESS FOR SENIORS

### Preparedness for Seniors

September is National Preparedness Month (NPM). It is a time to prepare yourself and those in your care for emergencies and disasters. This September, please prepare and plan in the event you must go for three days without electricity, water service, access to a supermarket, or local services for several days. Just follow these four steps:

- ✓ **Be Informed**
- ✓ **Make a Plan**
- ✓ **Build a Kit**
- ✓ **Get Involved**

While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

By evaluating your own personal needs and making an emergency plan, you can be better prepared for any situation. Visit [Ready.gov/seniors](http://Ready.gov/seniors) and consider the following.

- ✓ Learn more about how a disaster might affect your individual needs or the needs of someone you care for.
- ✓ It's possible that you will not have access to a medical facility or even a drugstore. Plan to make it on your own, at least for a period of time.
- ✓ Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available.
- ✓ Build a Kit with your unique consideration in mind. What do you need to maintain your health, safety and independence?

Create a network of neighbors, relatives, friends, and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer. Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Be sure to make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter.

For more information, check out:

- ✓ [Ready.gov/seniors](http://Ready.gov/seniors)
- ✓ "Preparing makes sense for Older Americans" Video (Closed Captioning and American Sign Language)- <http://youtu.be/SByTKf2rrlg>
- ✓ Monthly Preparedness text messages: Text **PREPARE** to **43362** (4FEMA) to receive [monthly preparedness tips](#). (msg/data rates apply)
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